

MILITARY OFFICERS ASSOCIATION OF AMERICA ALAMO CHAPTER



THE



LARIAT

Volume 40, Number 9

“Five Star ★★★★★ Chapter”

September 2020



President's Message

As we move through this pandemic, it is amazing how many ways we continue to connect. It is so marvelous seeing you for the monthly Zoom presentations that David Patrick has organized. As I write this, we are a couple of days from the August Zoom with Donovan Burton from SAWS. I can't wait for September. Texas historian Dr. Paul Spellman will speak on the topic of the Comanches. One of my favorite books is Empire of the Sun, the Rise and Fall of the Comanches by S.C. Gwynne. David has done such a marvelous job building opportunities for connection.

This is just one reason why this chapter continues to receive the “5 Star” award from MOAA. 2019 was not unique. Our chapter flag is top-heavy with “5 Star” banners and pins. From our programs and our *Lariat* to the outreach opportunities for those transitioning, we provide so much to membership and to the San Antonio community. We are so blessed by the high quality of the staff and the membership. A huge thank you to all.

This year also presents us with an opportunity to exercise one of the fundamental responsibilities of our democracy. The pandemic has reached into our lives in so many ways. The League of Women Voters has provided a website to answer questions on navigating this during pandemic times. Please check out VOTE411.org for an electronic Voters Guide. Available in English and Spanish, the site provides information including Frequently Asked Questions related to voting in Bexar County. For additional information,

check the website <https://lwvsa.org> or @lwvsaa on Facebook for the latest election-related information. This is a non-partisan note.

We hope that you will continue to support the chapter. Our budget has been revised to accommodate the changes due to the pandemic. Events like the golf tournament have been cancelled. However, the chapter still needs your support. Please continue to support with timely dues renewals. Also, donations and sponsorships will supplement. We have trimmed but the functions still exist. We appreciate your help in these times.

I look forward to “seeing” you at the events. Be safe and continue to follow safety protocols.

Kitty

Kathryn “Kitty” Meyers
LtCol USAF (Ret)
SPHR, SHRM-SCP

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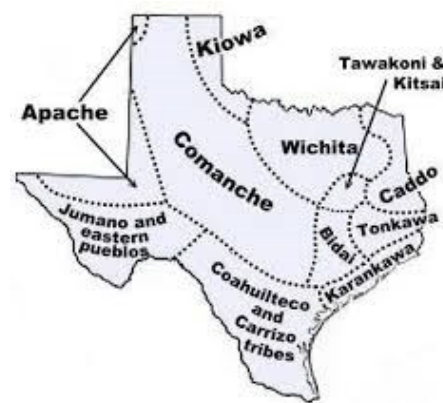
MOAA Alamo Chapter
presents
ZOOM Webinar

**Wednesday @ 4pm
September 16th**

Happy Hour Presentation
Featuring

Paul Spellman PhD
Author & Texas Historian

**“Comanches in Early
Texas”**



No pre-registration necessary
– just logon to ZOOM and join us!

Meeting ID: 841 1886 6318
Passcode: 349200

ZOOM Host: James Cunningham
210-416-0502



Thank You!

to each of our members listed below who have donated a little (or a lot!) to the Educational Foundation, and/or Chapter Operations

We really appreciate it—and every dollar helps!

LtCol Fernando Conejo USAF (Ret)

Col Karen Currie USAF (Ret)

LtCol Jim Cuskey USAF (Ret)

MAJ Rachel Danielson USA (Ret)

Col Rodney Day USA (Ret)

LTC Machielle Denmon Wood USA (Ret)

Col Sarah Garcia USAF (Ret)

COL Arthur Jackson USA (Ret)

COL Helmut Kiessling USA (Ret)

CPT Anthony Kwamu USA

COL David Malave USA (Ret)

LTC Karen Nauschuetz USA (Ret)

COL Gino Orlandi USA (Ret)

LtCol Judith Rhone USAF (Ret)

COL Nancy Ruffin USA (Ret)

CPT Robert Shea USA (Ret)

MajGen Bruce Smith USAF (Ret)

COL James Startzell USA (Ret)

LtCol Ralph Stearman USAF (Ret)

Col Steve Thompson USAF (Ret)

LTC Judith Trotti USA (Ret)

COL Donna Wright USA (Ret)

Corporate Partner - Air Force Federal Credit Union

Retired Military Spouse Club Luncheon

Note: The September return of the Retired Military Spouses Club Luncheon has been postponed.



Levels of Excellence Award

Every year, MOAA's affiliates compete to receive a four- or five-star Levels of Excellence Award.

The very best councils and chapters receive five-star awards, while above-average councils and chapters receive four-star awards. This award is based on the prior year's calendar year programs and events.

The Alamo Chapter has been honored with a Five Star Levels Of Excellence every year since we started applying for it in 2006 (except for 2007 when we received a Four Star).

We have just been notified that we attained another Five Star Levels of Excellence award for 2019 thanks to your chapter's hardworking Leadership Team.

My Journey to Space

Live stream via Zoom

Thurs Sept 3

Noon to 1pm



UT Health San Antonio -Military Health Institute is hosting its Distinguished Lecture speaker NASA astronaut, Dr. Andrew Morgan (COL, US Army).

Dr. Morgan's presentation "My Journey to Space" will be live streamed beginning at noon on 3 Sep 2020.

<https://zoom.us/j/97081210578>



TAPS

We have received information that the following members have passed away.

We wish to convey our sincere condolences and best wishes to their family and loved ones:

Col Charles H. Hood USA (Ret)
08/01/20

LTC William Filippini USA (Ret)
08/21/20

Estate Planning & Decedent Affairs Checklist

In these uncertain times, one way to achieve some peace of mind is to have your personal affairs in order.

The MOAA Alamo Chapter is here to provide you with resources regarding estate planning and decedent affairs checklist. These are general guidelines and recommendations. Your estate planning is better enhanced when you work with your attorney or legal support office.

Please either contact the office for a copy or go online to the Alamo chapter website and find a link to it under the Hot News section on the home page.

Cora Bayle-Cox
CAPT USN (Ret)

Assistant Personal Affairs Officer

MOAA Alamo Chapter? Who Are We?

MOAA is a non profit veterans' association dedicated to maintaining a strong national defense and ensuring our nation keeps its commitments to currently serving, retired, and former members of the uniformed services and their families and survivors.

The Alamo Chapter is one of the more than 400 local organizations affiliated with national MOAA.

We support the national organization through membership recruitment, veterans transition initiatives and legislative support.

We are active in our community doing transition activities for JBSA and the military/veteran community; state legislative support via Texas Coalition of Veterans Organizations (TCVO) and the Texas Council of Chapters (TCC).

We meet socially typically each month on the fourth Thursday, and hold monthly business meeting on the first Thursday at 10am at the chapter office on Ft Sam to move and shape the chapter.

Currently our programs have been put on hold and business meetings are conducted via Zoom. If you would like to "attend" contact us for details.

Leave a message at 210-228-9955 or email us at moaa-ac@sbcglobal.net.

September Zoom Speaker Bio



Paul N. Spellman

Dr Paul Spellman is a Professor of US and Texas History at Wharton Co Jr College in Richmond for the past 23 years.

He has obtained degrees from Southwestern University, SMU, UT-Austin, A&M-Corpus Christi, and a PhD from University of Houston.

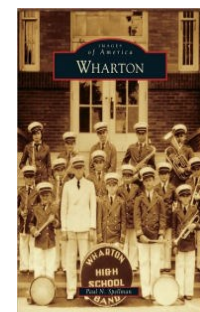
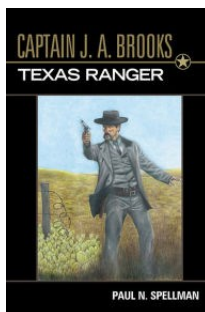
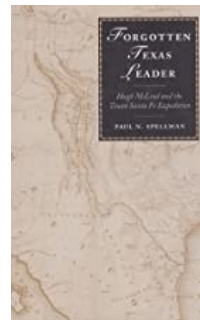
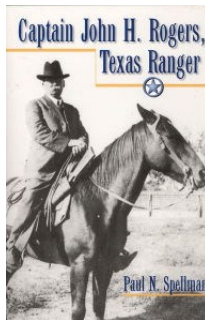
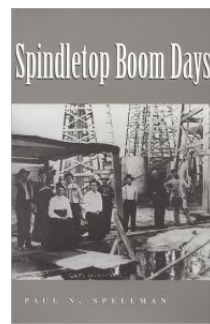
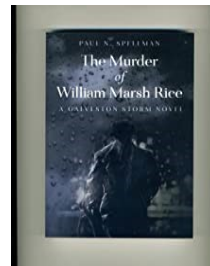
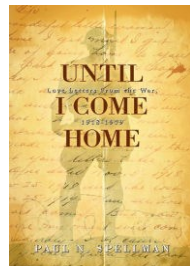
Dr Spellman is the author of eight published books on Texas History and numerous journal articles.

Dr Spellman is a native Texan and resides in Richmond with wife, Kathleen.

Mark your calendar and join us to learn a bit more about Texas history from the expert! We are very pleased and honored that **Dr. Paul Spellman**, will be this month's guest speaker via ZOOM on **Wednesday, September 16th at 4:00pm.**

Dr. Spellman's program "Comanches in Early Texas" tells how

the Comanche Indians played a prominent role in Texas frontier history to include their connections to the San Antonio area and the Ft. Sam Houston hallowed grounds.



Now and Always We'll be There.



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Membership Memos

THANK YOU: Renewing Members

LtGen Steven Polk USAF (Ret)
 MajGen Bruce Smith USAF (Ret)
 COL Gary Bushover USA (Ret)
 COL Mark Cheadle USA (Ret)
 Col Karen Currie USAF (Ret)
 Col Rodney Day USA (Ret)
 Col Sarah Garcia USAF (Ret)
 COL John Holdsworth USA (Ret)
 COL Gary Hyde USA (Ret)
 COL Arthur Jackson USA (Ret)
 COL Helmut Kiessling USA (Ret)
 COL David Malave USA (Ret)
 COL Gino Orlandi USA (Ret)
 COL Jeff Ragland USA (Ret)
 COL Nancy Ruffin USA (Ret)
 COL Richard Shevlin USA (Ret)
 COL James Startzell USA (Ret)
 Col Marc Stratton USAF (Ret)
 COL Mary Svetlik USA (Ret)
 COL Phillip Swinney USA (Ret)
 Col Steve Thompson USAF (Ret)
 COL Robert Wagner USA (Ret)
 COL Donna Wright USA (Ret)

Current Membership Stats

Active Duty 411
 Surviving Spouse 177
 Former Military 52
Retired 818
Total 1458

Col Vickie Young USAF (Ret)
 LTC Anton Blieberger USA (Ret)
 LtCol Russell Coleman USAF (Ret)
 LtCol Fernando Conejo USAF (Ret)
 LtCol Jim Cuskey USAF (Ret)
 LTC Clay Hadick USA (Ret)
 LTC JeanneMarie McNamara USA (Ret)
 LtCol Kitty Meyers USAF (Ret)
 LTC Karen Nauschuetz USA (Ret)
 LtCol Judith Rhone USAF (Ret)
 LtCol Ralph Stearman USAF (Ret)
 LTC Judith Trotti USA (Ret)
 MAJ Rachel Danielson USA (Ret)
 MAJ Roger Moreau USA (Ret)
 MAJ Richard Simmons USA (Ret)
 CPT Anthony Kwamu USA
 CPT Robert Shea USA (Ret)
 LTJG Rachel Johnson USCG

Help us shape and drive
our chapter!



Join us at our monthly business meetings, 1st Thursday of the month from 10am to noon at the chapter office.

Currently being held virtually via zoom.

Call 228-9955 for more info.

WELCOME New Members

LTG Douglas Gabram USA
 LtGen Normand Lezy USAF
 MajGen John Farrington USAF (Ret)
 BG Clifford Druit USA (Ret)
 COL Harry Ackroyd USA (Ret)
 Col Matthew Berry USAF
 COL Luigi Biever USA (Ret)
 Col Nonie Cabana USAF (Ret)
 COL Matthew Carp USA (Ret)
 Col Brian Carron USAF (Ret)
 Col James Donovan USAF (Ret)
 COL Charles Freeman USA
 Col Bernie Frey USAF (Ret)
 CAPT Paul Hammer USN (Ret)
 COL Scott Himes USA
 Col Stephen Hodge USAF
 Col Charles Leonard USAF (Ret)
 COL Edward Lynch USA (Ret)
 COL Karen Nauschuetz USA (Ret)
 Col Ruth Payton USAF (Ret)
 COL Charles Persyn USA (Ret)
 Col Leonora Shaw-Mason MD USA (Ret)
 CAPT William Whiting USN (Ret)
 COL James Wigger Jr USA (Ret)
 Col Stephen Wright USAF (Ret)
 LtCol Dale Conrardy USAF (Ret)
 LtCol Michael Earnshaw USAF (Ret)
 LtCol Charles Eddy USAF
 LtCol Howard Glick USAF (Ret)
 LtCol Adam Henson USAF
 LTC Wardell Hollis Jr USA (Ret)

(Continued on Page 5)

Health, Benefits & Welfare

Free 1-year Premium subscription for LinkedIn

In collaboration with ID.me, LinkedIn offers U.S. service members and veterans a free 1-year Premium Career subscription, including one year of access to LinkedIn Learning. After clicking the link below, you must log-in with your ID.me credentials (formerly Troop ID) or create an ID.me account to redeem this offer. Terms and conditions are below.

The Premium subscription includes the following LinkedIn Learning resources:

LinkedIn for Veterans Overview Tutorial

Learn how best to take advantage of all your LinkedIn account has to offer. These lessons teach you how to build your profile, grow your network, learn new skills, and find job opportunities with LinkedIn Premium Career.

Transition from Military to Civilian Employment

Transitioning from military service to civilian employment can be a challenging process. Get the skills necessary to envision a new career, plot a transition plan, network into opportunity, and excel in your new role.

Transition from Military to Student Life

Making the most of your military education benefits can catapult you ahead in your post-service career. Gain admission to schools, excel as a new student on campus, and use your education to establish an exciting career.

Terms and conditions

ID.me is one of two companies selected by the federal government to validate your military service and provide you with a free digital wallet. Specifically, their Troop ID feature is a privacy-enhancing digital ID card provided by ID.me to military service members and veterans so that they

may access retail discounts and government benefits online the same way they access them offline.

Offer valid only for service members or veterans of the U.S. Armed Forces (as determined by LinkedIn in its sole discretion) who do not have a Premium subscription at the time of redemption. This is a one-time offer which lasts for 12 months once redeemed. LinkedIn, at its option, may require information to confirm the foregoing. The promotion is not transferable and may not be sold, shared, or bartered. LinkedIn may revoke this offer at any time for technical, security, or business reasons, including fraud prevention. One promotional offer per eligible subscriber. Void where prohibited or restricted by law. After the one-year promotional period, your subscription will terminate. All use of the service is subject to LinkedIn's User Agreement and Privacy Policy.

Coronavirus Stimulus Checks

Veterans Affairs officials are reminding families who missed out on some coronavirus stimulus checks last spring that they have a few more weeks left to claim that cash.

In a social media post VA Secretary Robert Wilkie urged veterans who think they may be eligible for the money to contact the Internal Revenue Service and see if they are owed any money.

At issue are payments of up to \$500 per dependent child for disabled veterans who do not typically meet the threshold for filing annual income tax returns.

After Congress approved one-time payouts of up to \$1,200 per person, the IRS struggled to get those stimulus checks to some veterans whose current address and bank account information was not up-to-date in their systems.

The agency eventually partnered with VA officials to use some veterans benefits records to help with that challenge, but could not identify all of the

(Continued on Page 15)

New Members

(Continued from Page 4)

LtCol John Matney USAF (Ret)

LtCol James McCormick USAF (Ret)

LtCol Dale Porzel USAF (Ret)

LTC Richard Shumard USA (Ret)

LTC Roy Steves USA (Ret)

LTC Graydon Turner USA (Ret)

LTC Gregory Wene USA (Ret)

CDR Sherri Zimmerman USN (Ret)

LCDR John Chemycz USN (Ret)

Maj Walter Clark Jr USAF (Ret)

Maj Lynda Davis USAF (Ret)

MAJ James Drake USA (Ret)

Maj Anthony Hargrove USAF (Ret)

LCDR Terry Hart USN (Ret)

MAJ Charles Hildebrand USA (Ret)

Maj William Macecevic Jr USAF (Ret)

LCDR Joseph Memolo USN (Ret)

Maj Kenneth Nelson USAF (Ret)

LCDR Melissa Parkes USN

MAJ Sergio Perales USA (Ret)

LCDR James Quinn Sr USCG (Ret)

MAJ Thomas Tucker USA

Maj Charles Woodside III USAF (Ret)

CPT Warren Cook Jr USA (Ret)

CPT Sebastien Goillandeau USA (Ret)

Capt Gary Kovisto USAFR

CPT Vashon McRoberts USA (Ret)

Lt Kenneth Mitchell USN (Ret)

Capt Stephen Ricci USAF (Ret)

2LT Wayne Hodges USA

2Lt Rachel Smith USA

CW4 Robert DeLashaw Jr USA (Ret)

CW3 Blase Johns USA (Ret)

Mrs. Deaubrey Castle

Come Join Us!

- Are You**
- 1. Considering joining a MOAA chapter?**
 - 2. Debating whether to renew your chapter membership?**
 - 3. Talking to a potential new member?**

Here are some of the key benefits to belonging to one of MOAA's more than 400 chapters:

- **Connections:** When you attend chapter meetings, become active on a committee, or take a prominent leadership role, you will forge lasting ties with other MOAA members who have common professional interests and similar association concerns.
- **Community involvement:** Chapter membership provides opportunities to contribute to your community in a variety of ways, from providing scholarships to local students to supporting causes that support wounded warriors, active duty servicemembers and their families, and veterans in-need.
- **Legislative advocacy:** MOAA chapter members play a critical role in advancing legislation at both the city, county and state level. This grassroots advocacy is key to MOAA achieving its legislative goals.

ORDER FORM - Alamo Chapter Merchandise

Pebble Beach Performance Golf Shirt \$30

Circle order details below - Subject to availability

Shirt 1: Mens Ladies S M L XL 2XL 3XL Blue White Brindle

Shirt 2: Mens Ladies S M L XL 2XL 3XL Blue White Brindle

Shirt 3: Mens Ladies S M L XL 2XL 3XL Blue White Brindle

Shirt 4: Mens Ladies S M L XL 2XL 3XL Blue White Brindle

Free pick up from Chapter Office (appt required) or add \$5.00 for shipping.

Name: _____

Address: _____



Tel: _____

Provide Credit Card info below or mail in check made payable to MOAA-AC - to P.O. Box 340497, San Antonio, TX 78234, or call the office at (210) 228-9955 (Tues thru Thurs 1-4pm) to place order and pay by credit card over the phone.

Credit Card #: _____

Exp Date: _____ Billing Zip Code: _____ CVV: _____ Total # Shirt: _____ Total # Coins _____

Total Enclosed: \$ _____



Medical Minute

Telemedicine

Telemedicine is the new norm for outpatient care. The new COVID -19 has made telemedicine standard for most outpatient appointments. Virtual visits are the best way to get medical care without spreading the virus or any other contagious illness to your doctor or other patients, or getting sick yourself.

There are many advantages to telemedicine, it saves time, gasoline, parking fees and waiting room time. Now, a 30 minutes visit lasts 30 minutes.

You schedule your appointment by calling your doctor's office just like you usually do. The scheduler will discuss options for seeing the doctor by smart phone, voice, tablet or computer. Some are even done via television. The doctor's office may call you before your appointment to review and update your information on medications, tests or symptoms.

At the time of your appointment, or a few minutes before, they will call you, or you will be instructed to call a number provided or log into a secure site with the information they provide.

Thanks to today's advanced technology the doctor can see you clearly and you can see him clearly. There may be a slight delay in the audio so use short sentences and wait until the doctor is finished speaking to ask or answer questions. Your doctor will ask you about your concerns and symptoms.

When is an in-person visit better? If you need a test that cannot be done remotely or you need a physical examination where a stethoscope needs to be used.

The following are tips for a successful virtual visit:

- Choose a quiet room with no background noise is heard like a television, dog barking or loud music.
- If you want privacy don't have family members present.

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Solitaires



Aquaculture



With the global population growing and the US continuing a key supplier, new forms of protein are being sourced. We are also using agriculture products in all sorts of new ways, including non-food products. Corn has become a new source of fuel as it is converted to gasoline. Many are also moving away from the primarily beef to such diets as the Mediterranean, which is heavy into fish. This form of protein has fed the world for centuries.

Commercial fishing has depleted many of the traditional sea and some inland fishing areas are now restricted with limited times and quantities. Wild fish supplies just aren't there anymore. The greatest amount of wild fish is fished out. Modern techniques, beyond the issue of overfishing, have caused damage to oceans, to breeding grounds and to the ocean floor through such methods as trawling.

Creativity is creating a new industry in many areas. Aquaculture is the process of breeding and essentially farming fish. These focus on raising and harvesting in all types of water environments such as pools, rivers, lakes and even the oceans. Although aquaculture may seem new, fish farming has been going on as early as 6000 BC when early populations created channels to raise fish.

Today aquaculture provides the world with 148 tons of fish per year. The US is still a minor produc-

er. There are about 600 types of aquatic breeds currently being raised. The leading import to the US is shrimp followed by Atlantic salmon, tilapia, and other shellfish.

Farm fish are equal nutritionally to their wild counterparts. On one of my trips to China, we went to a fish farm on the outskirts of a large inland city. They had diverted a tributary from a large river. Three large pens had been built. The first pen, built for breeding, had the large older fish. The second was the nursery with the eggs and baby fish as they hatched. The third had fish large enough for sale. Water flowing through the pens kept them clean and disease free with a canopy for protection. It was a commercial fishery. Trucks came daily to purchase fish for hotels and markets. These trucks were lined with oil cloth like we used for tables, the edges were sealed, and it was filled with water like a child's wading pool. These daily trips purchased only what was the day's needs. Hotels and restaurants always featured fresh fish on their menus.

Sanitation and disease prevention were major concerns. The pens were cleaned to ensure a constant water flow through them. They used probiotics and even vaccinated the larger fish. Sometimes they had to catch the fish and hold them as they forced pills and medication into their mouths. This is true of all farm fishing. Ocean plants are introduced to the environment to keep them healthy. Fish food is usually imported, and antibiotics are used.

In the States, we've encountered other issues with aquaculture. The residue from draining the tanks must be controlled and disposed on proper

(Continued on Page 13)

9/11 Memorial Glade



*Suffering long after September 11,
2001*

*From exposure to hazards and toxins
That hung heavy in the air
Here and beyond this site known as
Ground Zero*

And at the Pentagon

And near Shanksville, Pennsylvania

*In the aftermath of the terrorist at-
tacks.*

*Here we honor the tens of thousands
From across America and around the
world*

Who came to help and to heal

Whose selflessness and resolve

Perseverance and courage

Renewed the spirit of a grieving city

Gave hope to the nation

And inspired the world.

The 9/11 Memorial Glade's six stone monoliths were installed on Saturday, April 6, 2019. This process required a 600-ton crane and an assist crane. Each monolith was lifted over the 30- to 35-foot-tall Swamp White Oak trees on the Memorial plaza and rigged inside the Glade construction site.

The monoliths were shaped by two craftsmen in Barre, Vermont, using large blocks of quarried granite. They used sledgehammers, chisels, and blowtorches to shape the stones into massive rough-edged monoliths. The monoliths were then driven six hours south on flatbed trucks through the Green Mountains and the rolling hills of New England to be placed on the site.

A team of eight personnel from the Vermont Division of Fire Safety escorted the trucks on their way to New York City. As the team assisted the trucks, local first responders in communities along the way saluted the monoliths on the highway overpasses
(Continued on Page 9)

In the aftermath of the 2001 terrorist attacks, tens of thousands of men and women from across the nation and around the world responded.

Facing a mountainous landscape of mangled and jagged steel at Ground Zero, and despite fires that burned for 100 days, rescuers and recovery workers toiled night and day for nine months. What began as a rescue operation turned into the grim work of recovering those who had been killed. Workers also had to remove nearly two million tons of debris. Through sheer determination, they paved the way for rebuilding. Their sacrifice would be met with suffering.

On the day of the attacks and throughout the recovery, hundreds of thousands—responders and survivors, workers and residents—were exposed to hazards and toxins in the air at and around the World Trade Center site, resulting in chronic illnesses and the deaths of thousands. Responders and workers at all three attack sites, including the Pentagon and in Shanksville, Pennsylvania, have been affected. For the injured, sick, and dying, and for their families and friends, 9/11 has remained an all-too-present reality.

The 9/11 Memorial Glade is dedicated in their honor.

The 9/11 Memorial's original architects, Michael Arad and Peter Walker,

designed the Glade with the support of 9/11 Memorial & Museum board member Jon Stewart, 9/11-health advocates and providers, 9/11 family members, first responders, and lower Manhattan residents.

The Glade's design includes a pathway flanked by six large stone monoliths, ranging from 13 to 18 tons, that are inlaid with World Trade Center steel accompanied by an inscription at either end of the pathway. Their design incorporates steel from the original World Trade Center site.

The Glade was dedicated on May 30, 2019, the 17th Anniversary of the official end of the recovery effort. It is located just west of the Survivor Tree, roughly where the primary ramp that was used during the rescue and recovery effort once stood. In the history of the World Trade Center, the Ramp played an essential role in allowing victims' families to access the site following the attacks, as well as workers who removed debris and established a pathway for rebuilding.

The Glade's inscription encapsulates its purpose:

*This Memorial Glade is dedicated
To those whose actions in our time of
need*

*Led to their injury, sickness, and death
Responders and recovery workers
Survivors and community members*

9/11 Memorial Glade

(Continued from Page 8)

to recognize the importance and national significance of this project. The monoliths were met by workers waiting to guide them safely to their permanent home in lower Manhattan.

As the focal point of the Glade, the monoliths' rough edges and large size were created to honor the challenges faced by those whom the Glade memorializes. The plaza was prepared to support the weight of the monoliths through high-density Styrofoam, concrete, and steel rebar. This reinforcement is essential because the monoliths sit on the Glade directly above the 9/11 Memorial Museum, which extends 70 feet underground.

Within the construction site, workers laid the pathway stone (Verde Fontaine) around the monoliths. This stone, together with the modified irrigation and soil aeration systems, ensures that the trees, grass, ivy beds, and other landscape elements can thrive.

A specialty steel-casting foundry in Missouri created the final design element of the monoliths. At the foundry, recovered World Trade Center steel was melted down and formed to fit the fissures that were carved into the monoliths.

The design and construction of the 9/11 Memorial Glade was made possible with generous support from Bloomberg Philanthropies, Building Trades Unions, Gov. Andrew M. Cuomo and New York State, through its affiliates, as well as Brookfield, the Carson Family Charitable Trust, LAN-GAN, Rechler Philanthropy, Richmond County Savings Foundation, RXR, Dan and Shery Tishman, and United Rentals, Inc

Source: www.911memorial.org

Did You Know?

Detachable Headrest In Cars

As a kid, did you ever sit in the backseat on family road trips and play with the headrest of the person in the front seat? Come on, I'm not the only one, right? Anyway, you may have noticed that this headrest can completely come out of the seat. Is this a crazy flaw in car design? Nope. On the contrary, it's meant to be used in an emergency. If you're trapped in your car, you can pull out the headrest and use the long metal bars to break the window so you can get out. Yup, it's a life hack that could literally save your life someday.

Sleep With A Bar Of Soap Under Your Sheets

It might sound strange, but there's some evidence to back this up. People claim that sleeping with a bar of soap helped cure their leg cramps at night. This trick has gained so much popularity that it even made it to the TV show "The Doctors". When they polled their audience, 40% said this has relieved their leg cramps or restless legs syndrome. Some suggest placing soap near your feet helps ions to go from the soap to your body and eventually your nervous system. It's these ions that help ease your cramps. While there's been no official clinical study on this, anyone who suffers from leg cramps should give this a shot as you have nothing to lose.

Loop In Back Of Shirt

First of all, this doesn't apply to garden-variety t-shirts. Surely, you own at least one nice, collared shirt that has this mysterious loop in the middle of your back. We actually have the Navy to thank for the loops on our shirts. Believe it or not, there isn't a lot of closet space while you're out at sea, so sailors would have loops on their shirts so they could just hang them on hooks. College kids in the 1960s also utilized the loops, as they could hang up their shirts and keep them neat and wrinkle-free while at the gym. Today, manufacturers put them on shirts as a sign of class and quality. Also, you may have noticed that young ladies sometimes pull the hooks of boys they like, so

there is still a practical reason to have these on our shirts.

Cleaning Your Shower Using A Dishwasher Tablet

Let's face it, cleaning the bathroom is a thankless task that seems almost impossible to get done properly. It takes a ton of elbow grease to get the shower spotless. And even after what seems like hours of scrubbing, it still looks dirty. There's an easy solution to this..dishwasher tablets! Take a sponge, cut out a small hole, and insert a dishwasher tablet. Now when you go to clean your shower doors, instead of endless scrubbing, just rub this sponge over the door and wash away. It's that easy. It even works on shower curtains, the tub, and faucets!

Notable Celebrations in September



Sept 7 Labor Day

Sept 11 Patriot Day

Sept 13 Natl Grandparents Day

Sept 18 Air Force Birthday

Sept 18 Natl POW/MIA Recognition Day

Sept 19 Natl Clean Up Day

Sept 19 Rosh Hashana

Sept 22 September Equinox

Sept 27 Gold Star Mother's Day

Sept 28 Yom Kippur

OUR CORPORATE PARTNERS

Please support those that support us!

When you use their services let them know you heard about their company/organization from the MOAA Alamo Chapter

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Medical Services International <i>Providing Healthcare Consulting Services</i> 210-497-0263	Randolph-Brooks Federal Credit Union <i>Full-service Financial Cooperative</i> https://www.rbfcu.org/ 800-580-3300
Security Service Federal Credit Union <i>Full-service Financial Cooperative</i> https://www.ssfcu.org/ 888-415-7878	Transition Management Solutions, LLC <i>Non-profit Consulting</i> http://www.tms-texas.com/ 210-259-9867
USAA <i>Financial Services Company</i> https://www.usaa.com/ 800-531-8722	<i>Insert Your Business Here!</i>

Corporate Partners:

Sponsors and Advertisers in The Lariat

Sponsors and advertisers are vital for the success of any nonprofit and our Chapter is no exception.

Their support provides us with the resources to fulfill our mission. We are working hard to build long-term relationships with several sponsors and businesses throughout the San Antonio area for both the Chapter operations and our Educational Foundation. The Foundation provides the support for the JROTC and ROTC scholarships distributed to deserving cadets annually.

We need your help to “pay it forward”. Please consider using these companies whenever possible. Let them know you saw their name in MOAA Alamo Chapter’s monthly newsletter, *The Lariat*, and make sure you thank them for their support. This lets them know their sponsorship is paying off advertising with MOAA Alamo Chapter. This will help ensure a long-term partnership with them and the Chapter.

Additionally, if you know of any business interested in sponsoring or advertising in the monthly *Lariat*, please let me know. We have different levels of sponsorship and different advertising options that can be tailored to each business.

A marketing package has been developed that describes the various plans. I would be happy to meet and help them develop options that will benefit their needs.

Lisa Skopal

Lisa Skopal
Advertising Coordinator

lskopal@ymail.com

Transitioning Tips

One of the successes of any transition is networking. This is so very true of those assisting those transitioning as well. I've had the marvelous opportunity to connect and build relationships with many folks through my HR career. Barbara Greene is one of those marvelous folks that I have met. She is the founder of Greene and Associates, Inc. Her company, a Career Partners International Firm, focuses on coaching and career building. Her monthly newsletter is always jam packed with career information and notices of events. This last one, *Tips for Navigating the Job Market*, has marvelous insights that she has graciously allowed me to pass on to you. Thank you, Barbara!

Navigating the Job Market Right Now

Barbara A.F. Greene had the honor of presenting at Credit Human's first webinar! The online program, *Tips for Navigating the Job Market*, was de-

signed for Credit Human's members affected by job loss due to the COVID-19 pandemic. In addition, they are sharing it with the community on their web site www.credithuman.com resources section.

During the webinar, Greene shared her two competitive edge strategies for finding employment in the current environment.

- Maximize Your Connections and Increase Your Visibility with the **P²E² Approach**
- Crack the hidden job market with the **SRW²D Approach**

What is the P²E² Approach?

The **P²E² Approach** identifies numerous ways to increase visibility with your network, clients, colleagues and possible employers. In today's market, it is critical to stay top of mind. Job seekers find their next job through someone they know at least 70% of the time. Connections are critical.

P²E² stands for:

People

- List at least ten people you would like to work with and why.
- Identify any groups that these individuals are associated with and find ways to get involved.

Print

- Identify news outlets, trade publications, business publications you would like to appear in and why.
- Review these publications regularly to identify ways you can become the expert.

Events

- List conferences, seminars, virtual workshops in which you will participate
- Identify who might be attending and try to interact with them.

Electronic

- Are you up-to-date, active, and engaged on LinkedIn and other social media channels?
- Identify various methods to reach your target audience.

(Continued on Page 14)

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MOAA NATIONAL ENROLLMENT

☐ YES! Sign me up as a **FREE BASIC MOAA** Member

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☐ Reserve ☐ National Guard

☐ Spouse of Eligible Officer

☐ Graduation Year (Cadet/Midshipmen) _____

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Address _____

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Phone Number _____

To ensure deliverability of MOAA communications, please provide a personal email without a ".mil" domain if available.

We value your privacy. MOAA does not rent or sell its members' emails to third parties. If you include your email address, you will receive e-communications from MOAA as a member benefit. Visit www.moaa.org/email for details.

Date of Birth _____

Spouse Name _____

Your spouse has access to all of your MOAA member benefits.

**Email address required for BASIC Membership



Method of Payment

☐ Check (please make payable to MOAA Alamo Chapter) ☐ Credit Card Charge my card \$ _____

Card number _____

Expiration date _____ CVV _____ Signature _____

Zip code where Billing Statement is mailed: _____

Send to: MOAA-Alamo Chapter, P.O. Box 340497, Ft. Sam Houston, TX 78234; or email to moaa-ac@sbcglobal.net; or signup **online** at www.alamomoaa.org.

MOAA LOCAL ALAMO CHAPTER ENROLLMENT

☐ YES! Sign me up as a new Alamo Chapter Member

☐ YES! Renew my Alamo Chapter Membership

Name _____

Branch of Service _____ Rank _____

☐ Retired ☐ Active ☐ Former

☐ Reserve ☐ National Guard

☐ Spouse/Surviving Spouse of Eligible Officer

Address _____

City _____ State _____ Zip _____

Email Address _____

(Email address required for Electronic Membership)

To ensure deliverability of Chapter communications, please provide a personal email without a ".mil" domain, if available.

Phone Number _____

Date of Birth _____

Spouse Name _____

Spouse Email Address _____

☐ I would you like to help the Chapter as a Volunteer

One-Year Membership \$20
(Monthly newsletter "The Lariat" sent by email)

WANTED!

Active Duty or Retired Job Seekers

If you would like to be added to the regular email blast that lists job opportunities in **San Antonio and Texas** please contact David Patrick, the Career Transition Coordinator - Texas
dwpatrick01@gmail.com

If you are an area **employer** who is interested in hiring career transitioning officers or their spouses or if you are a MOAA member interested in helping a career transitioning officer or spouse as a **San Antonio Networker**, or if you are a **MOAA-AC member Job Seeker**, please contact

Kitty Meyers LtCol USAF (Ret)
Chapter Transition Liaison Officer at
kamconsulthr@gmail.com

Aquaculture

(Continued from Page 7)

ly. It can't just be drained into the rivers or other areas. If disposed of in a way that it could contaminate the water source of a population, then the drinking water is impacted. Even drainage into oceans and larger bodies of water can contaminate and impact the ecology of that environment. Farmers have discovered that this drainage was filled with nitrogen and probiotics and is a marvelous fertilizer. This is now used in their corn fields.

As with any discovery, it is now an industry. Colleges and universities offer courses in aquaculture. It is a growing area and offers a new career options for graduates.

Irene Collier (Ret)



Army Residence
Community

WELCOME TO THE ARC.

RETIREMENT LIVING FOR ALL BRANCHES OF THE ARMED FORCES.



ARC is a nonprofit life plan continuing care retirement community (CCRC) in beautiful San Antonio, Texas, which welcomes all officers, retired or honorably discharged from all branches of service, warrant officers, as well as senior level GS 14 and above federal employees, who are at least 60 years old, to include spouses and surviving spouses.

In independent living, enjoy the freedom offered by zero-maintenance high-rise or private cottage living, turning you loose to travel, volunteer or pursue any interests you like. If assisted living, memory care, or long-term care is ever needed - you will have caregivers who understand and honor what you've given your country.

GENERALLY SPEAKING, WE LOVE PERSONAL ENDORSEMENTS LIKE THIS.

"ARC has everything we wanted - separate quarters (duplex) for independent living, a continuum of healthcare, all on the same campus. All that and the price was right! It was the best decision we ever made. Come join us and you will find a very warm welcome from folks from all the services who share your values."

Bill Klein — Major General, USA, ret.



Go to armyresidence.com or call 1-800-871-3749 for more information.

Transition Tips

(Continued from Page 11)

SRW²D Approach

This approach, helps you identify jobs where you might not be looking. The acronym stands for:

Speaking

- Be a host, not a guest – reach out to people!
- Have conversations in person with people wherever you are, with colleagues,
- acquaintances etc.
- Pick up the phone and call anyone who recently gained employment to see if their company is hiring
- Contact the human resource office and/or the head of the department for which you are interested in working

Reading

- When reading, infer what kind of jobs are needed even if they are not advertised
- Read publications that cover where you want to work

Writing

- Send targeted, personalized emails sharing your resume with companies you think could use your talents
- Send personal emails to your network - you never know who may know of something!

Walking

- When walking, pay close attention to hiring signs, new tenant postings, neighborhood signage etc.

Driving

- When driving, notice new businesses being built or that are for lease
- Identify businesses you have not noticed before that may be hiring

Want to learn about online programming that can be developed just for your organization? Contact Barbara A.F. Greene today at barbara.greene@greeneandassociates.com.

Kitty

Kathryn “Kitty” Meyers
LtCol USAF (Ret)
SPHR, SHRM-SCP
Chapter Transition Liaison Officer

30-second “Elevator Pitch” To Promote Membership

Membership in an association such as ours is achieved by the majority when a friend/acquaintance is also a member.

We need your help to encourage your friends, neighbors, business associates etc to come join us! Participating in the social events is not mandatory (albeit fun!) but we do need their support and voice when it comes to advocacy at the city, county and state level.

Here’s an approach you could take when introducing MOAA Alamo Chapter to someone:

Open the conversation with something like:

I am with The Military Officers Association of America (MOAA) and the Alamo Chapter. Are you a member? If no :

- We are a volunteer nonprofit organization for commissioned officers (and surviving spouses) that has 1400+ members and is over 50 year old – located at Ft. Sam.
- We advocate and lobby for the entire military community – all ranks -- to influence legislators in Washington and in Austin to sustain yours & my earned entitlements, i.e. pay raises, medical benefits, commissary privileges, education benefits, etc.
- We make ourselves heard through the strength of our membership numbers.

This is why it is important for all eligible officers to belong.

In addition, we run the chapter operations and promote camaraderie through our monthly social events.

- Here is an application providing membership in both MOAA and the Alamo Chapter. (See Page 12)
- You owe it to yourself (and family) to support the organization that supports you and I ask that you please join. Thanks.

If you get push back consider saying:

- It is a no hassle membership – no sales calls, no sales emails and no pressure to be actively involved.
- We are just looking to you to help strengthen our numbers.
- You will receive legislative updates, the national MOAA *Military Officers* magazine, and our chapter newsletter *The Lariat* by email to keep you informed.
- Again, you owe it to yourself (and family) to be part of an organization that protects your rights, entitlements and benefits.

Have them sign up online at alamomoaa.org, or email us at moaa-ac@sbcglobal.net or call the office at 210.228.9955.



Happy 73rd Birthday
to the
United States Air Force
Sept 18, 1947

Aim High ...
Fly-Fight-Win

Health, Benefits & Welfare

(Continued from Page 5)

individuals who may have been eligible to receive the additional \$500 child payments along with the other stimulus payouts.

IRS officials set up a special registration site for veterans and other Americans who don't regularly file annual tax returns, but set a cutoff of early May to apply. Agency leaders said individuals who missed out on that deadline would have to wait until spring 2021 to receive the money as part of next year's income tax returns.

But late last week, IRS officials reopened the application process. Veterans who missed out on the child credits now have until Sept. 30 to register, with payouts expected to be delivered by mid-October.

Veterans who did not receive their \$1,200 stimulus checks in the spring can also register with the department in an attempt to get that money this fall.

Officials did not say how many veterans may still be eligible for the payouts, but advocates have said that the money could be a critical lifeline for low-income families facing new challenges related to closings of businesses, public offices and other community assistance programs related to coronavirus.

Source: Military Times



Medical Minute

(Continued from Page 7)

- Be sure the light source to the room is to the side or above you but not behind you.
- Have a paper, pen and a set of questions to ask your doctor.

If you are having a medical emergency or experience new symptoms that frighten you, don't call the doctor's office or wait for the symptoms to pass, call 911. The medical technicians will evaluate you quickly when they arrive and transport you to the nearest hospital for treatment.

Source: Cleveland Clinic Heart Advisor Aug 2020

Irene Collier (Ret)

MOAA Alamo Chapter

Vision:

To be the primary advocate for the military community

Mission:

Provide information, support and social engagement to members;

Offer programs and services for the common good of the military community;

Support MOAA at the national, state and local levels with a powerful voice.

Visit www.alamomoaa.org for more info



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Editorial Policy

The Lariat is the newsletter of the Military Officers Association of America—Alamo Chapter. It is published once each month to inform the membership of issues and activities of interest to all.

MOAA-AC Operations is a non-profit organization 501c 4. The Alamo Chapter Educational Foundation is a 501c 3.

MOAA and its affiliated chapters and councils are strictly non partisan.

Advertising contained in the newsletter is not endorsed by MOAA or its affiliate the Alamo Chapter and does not represent any recommendation to the membership. Opinions expressed in articles contained herein are not necessarily those of the membership as a whole or the Chapter. Questions should be directed to the Editor at the Chapter office.

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www.alamomoaa.org





MILITARY OFFICERS ASSOCIATION OF AMERICA
ALAMO CHAPTER

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OF THE DEPARTMENT OF DEFENSE OR ANY OF ITS
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STATUS

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OUR BY-LAWS, STRATEGIC PLAN,
EVENTS CALENDAR, MEETING
MINUTES AND PAST ISSUES OF
THE LARIAT PLEASE VISIT OUR
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WWW.ALAMOMOAA.ORG

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NEVER STOP SERVING!

WE NEED YOU

TO VOLUNTEER

for positions on your Chapter Leadership Team
(Member spouses also welcome!)

Current Needs:

- 1) Secretary (No minute-taking required)
- 2) Surviving Spouse Coordinator
- 3) Membership Cmte Members
- 4) Advertising Cmte Members
- 5) Community Outreach Members
- 6) Historian
- 7) Editor

*Position Descriptions can be found on the chapter website
under the resources tab.*

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